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VANCOUVER metro®
Monday, August 22, 2011
www.metronews.ca
News worth sharing.

Festival. Headliner

▶ Weezer took the stage yesterday night to bring the Live at Squamish festival to a close in front of thousands of screaming fans. More coverage, page 6.

JENNIFER GAUTHIER/FOR METRO

A weekend to remember in Squamish

TransLink surpassing Olympic year

▶ Ridership keeps growing but there's not enough money for upgrades, says transit spokesperson ▶ September open houses planned to get public's opinion on proposed expansion plan and funding options

PHYLICIA TORREVILLAS
@METRONEWS.CA

TransLink's ridership numbers continue to grow but the huge spike adds pressure to keep up with demand, says a spokesperson for the transit authority.

Metro Vancouver's transit system is on its way to charting a new record for annual ridership, with 114.4 million commuter trips already in the first six months of 2011, which at this rate will outpace 2010's tally of 211.3 million riders.

"A lot of people used transit during the Olympic Games last year and found out it worked pretty well and kept using it," TransLink spokesperson Ken Hardie said.

But Hardie added it's crucial to expand the system.

"TransLink is not in a position now to add new capacity," he said. "We have money to keep what we have in place but if we are not able to expand, we think that we're not going to keep up with people who want to take transit."

Funding ideas

TransLink's proposed sources of tax revenue:

- Two-cent-a-litre gas tax starting in April 2012.
- A property-tax increase averaging $23 per year.

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Signed by Dr. Nowell Solish
on May 16, 2011

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Rypien funeral draws crowds

NHL enforcer Rick Rypien never walked away from a fight and battled bravely to the end of a too-short life, his friends and family said at his funeral Saturday.

The funeral for Rypien, 27, was held at the Alberta arena where he played minor hockey. The service occurred just days after his sudden death in his southern Alberta home,

Close to 1,000 friends, family, fans and former teammates turned out on a sunny day at Albert Stella Arena in the Crowsnest Pass to say goodbye.

Rypien's former Vancouver teammate Kevin Bieksa was one of the pallbearers. His cousin, former NFL quarterback Mark Rypien, also attended the service.

The program, with a smiling photo of Rypien in a blue Vancouver jersey, said simply, "Until we all meet again."

Rypien, who struggled with depression, had signed with the Winnipeg Jets this off-season after six years with the Canucks.

THE CANADIAN PRESS

JEFF MCINTOSH/THE CANADIAN PRESS

▶ The hearse carrying Winnipeg Jets player Rick Rypien, 27, leaves his funeral service in Blairmore, Alta., on Saturday.

Cleaning up rooming hotels

Non-profit steps in with a view to correcting long list of deficiencies at rundown DTES buildings

PHYLICIA TORREVILLAS
@METRONEWS.CA

A non-profit group has taken the reins of two derelict Downtown Eastside rooming hotels, and a DTES council wants to work with them to make sure everything is smooth sailing.

Gordon Wiebe of the Community Builders Group, which operates four other rooming houses, said they've started talking to tenants and people in leadership in the Wonder Rooms and Palace Hotel. They've also begun assessing the buildings for any pest-control and repair issues that need to be addressed when they take over management in September.

"It's much more than rectifying the physical structure of the building, but to ensure the tenants are part of the leadership of the community," Wiebe said.

Wiebe said their tenant-support program includes laundry services, nutrition and breakfast programs, and employment opportunities.

Ivan Drury of the Downtown Eastside Neighbourhood Council said they will keep a close eye on the new management's progress to ensure tenants' rights are upheld.

"Anything will be better than George Wolsey continuing his control over the building," Drury said. "I think him handing the control (over the buildings) is a sign of the pressure the community and the residents themselves have been able to bear against him."

PHYLICIA TORREVILLAS/METRO

▶ Former Palace Hotel resident Al Fowler speaks at a news conference at the Pathways Information Centre on Main Street on Thursday. Fowler spoke about alleged health dangers and assault he suffered from landlord George Wolsey.

1 news

Rather embarrassing data leaks highlight the risks of storing medical records online. Scan code for story.

On the web at metronews.ca

A Canadian citizen gets a rude surprise after attempting to sponsor his parents to Canada. Guidy Mamann has more at metronews.ca/immigration

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Officer investigated for force used in arrest

Incident in question occurred Friday on West Broadway VPD officer is alleged to have reacted with force after being spat on by arrestee

KYLE FARQUHARSON
VANCOUVER@METRONEWS.CA

Vancouver police have called on the Abbotsford Police Department to investigate an allegation of "use of force" by a VPD officer.

The incident in question occurred on Friday, in the 100 block of West Broadway in Vancouver.

The allegation is that the officer reacted with force after purportedly being spat on by the arrestee, who was hospitalized with minor injuries and subsequently released.

The specific nature of the use of force has not been revealed.

The APD says it will refrain from releasing further details to the public until its investigation reaches a conclusion in the case.

B.C.'s Office of the Police Complaint Commissioner has been notified.

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ARIANA KAKNEVICIUS/FOR METRO

▶ Eager fairgoers enjoy the thrill of the rides during PNE's opening weekend.

Sun shines on PNE return

A hot and sunny weekend started off this year's Fair at the PNE with flair.

"The atmosphere on the fairgrounds has been just outstanding," said Laura Ballance, PNE spokeswoman. "It feels like Vancouver is ready to have that great summer tradition."

Like Vancouverites, the PNE is ready for any forecast.

On a scalding hot day, the Flume water ride will definitely cool you off after you get soaked on the 40-foot drop, and there is no need to worry about expected rainy days because with their 200,000 square feet of indoor space, it might even be better to go then and steal the best seats at all the shows.

The PNE is expected to have its busiest time on Labour Day weekend, when it usually brings in around 30 per cent of its overall attendance.

With a beautiful sunshine-filled start, Ballance is hoping everyone will spread the word that you've got to go to this year's PNE.

"It's nostalgic," said PNE regular Mishko Frydrysek, 23. "I've been coming here since I was a little boy."

The fair is free admission today from 9 a.m. to 12 p.m.

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Crowd goes wild at Live at Squamish

Live at Squamish delivers high-quality performances and fun activities on weekend
Weezer, Metric headline Girl Talk, John Butler Trio and many more thrill crowds
Perfect weather graces outdoor festival Metro's slip-and-slide on hand to help cool off fans

TEXT: **TERRIS SCHNEIDER** PHOTOS: **JENNIFER GAUTHIER**

▶ North Vancouver rapper and hardcore Canucks fan Kyprios performs at LAS on Saturday.

'This is a beautiful spot to perform'

Against a stunning mountain backdrop, some of the biggest musical acts in the world thrilled at Live at Squamish.

The two-day festival created a positive atmosphere throughout for the thousands in attendance, who took in a perfect weekend of music and other activities.

Even the performers were impressed by the set-up — which was headlined yesterday by Weezer and Metric.

"This is a beautiful spot to perform with some great acts," said Ashleigh Ball of Hey Ocean. "It's fantastic, and it's really chill. I mean, there's a guy standing over there in his underwear!"

Fans were enthused with the performances and there seemed to be something for everyone as the masses danced and tossed beach balls around in the crowd.

It was a festival many are unlikely to forget.

▶ Hey Ocean was thrilled to be part of the festival and eager to return the favour to fans.

▶ Emily Haines of Metric performs an acoustic set on the Garibaldi stage on Saturday.

▶ Montreal indie favourites Stars perform on the Stawamus stage.

Enjoy this winning favourite road trip story and then get writing!

When my kids and my sisters' kids were young, we went on a road trip from Ottawa to visit our parents at their cottage in New Brunswick. We were 3 families with 9 kids under 12, travelling in 3 minivans. As you can imagine, with 9 kids, we would have to take frequent washroom breaks. So that we didn't get separated, the van needing the break would pull up beside the other vans, with one of the kids holding up a sign in the window. The sign read "P NOW" or "P SOON". One meant that we had to stop at the next gas station, no matter what condition it was in, and the other meant we could look for the next clean gas station (must have been Shell stations), and we would meet there. The kids traded vans like musical chairs at every stop, so we made sure to take roll call before leaving each stop. It took 2 days to reach our destination. With 17 people in a tiny 2-bedroom cottage, people were sleeping anywhere there was empty space. My husband and I ended up sleeping in a closet. The weather was perfect the whole week, the ocean was lovely, and the kids had such fun together. All of our kids are adults now and to this day they all speak fondly of our convoy to New Brunswick.

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First Air: Cause of crash unknown

Two survivors sent to Ottawa General Hospital All four of the crew among the dead

The owner of a jet that crashed into a hillside near the remote High Arctic community of Resolute said yesterday it doesn't know why the 737 went down, killing 12 and injuring three.

"At this time, the cause of the accident is unknown," said First Air spokesman Christopher Ferris.

"Our thoughts and focus are with the families and friends of the passengers and crew and the community."

Hamlet residents and soldiers from nearby military exercises rushed to the scene of the crash Saturday in a desperate effort to try to pull survivors from the wreckage.

Witnesses described how wreckage was strewn across a hill near the airport runway.

An eyewitness said yesterday morning the bodies were still on the site awaiting the coroner.

THE CANADIAN PRESS

DEPARTMENT OF NATIONAL DEFENCE/THE CANADIAN PRESS

▶ Members of the Canadian Armed Forces carry a victim of a plane crash in Resolute Bay, Nunavut, on Saturday.

Tornado devastates Ontario town

The most powerful tornado to hit the province in years swept through a southwestern Ontario town yesterday afternoon, killing one person and causing severe devastation in the picturesque community on the shores of Lake Huron.

Downtown businesses, century old buildings and several churches lost their roofs and upper floors as the twister ripped through Goderich.

Images show downed power lines, trees and debris strewn across streets, while witnesses described cars being picked up and thrown like toys.

Police identified the victim as Norman Laberge, 61, of Lucknow, Ont., who was working in a salt mine in the town when the storm hit.

At least 37 people have been treated for minor injuries and no one has been reported missing, said OPP Insp. Bill Klym.

Randy Mawson of Environment Canada, who has been investigating storms for 36 years, said the town was battered by winds of up to 300 kilometres per hour, considered an F2- or F3-level tornado.

The province hasn't seen a storm that powerful since 1996, he said.

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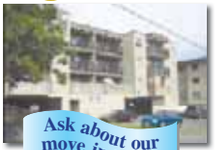

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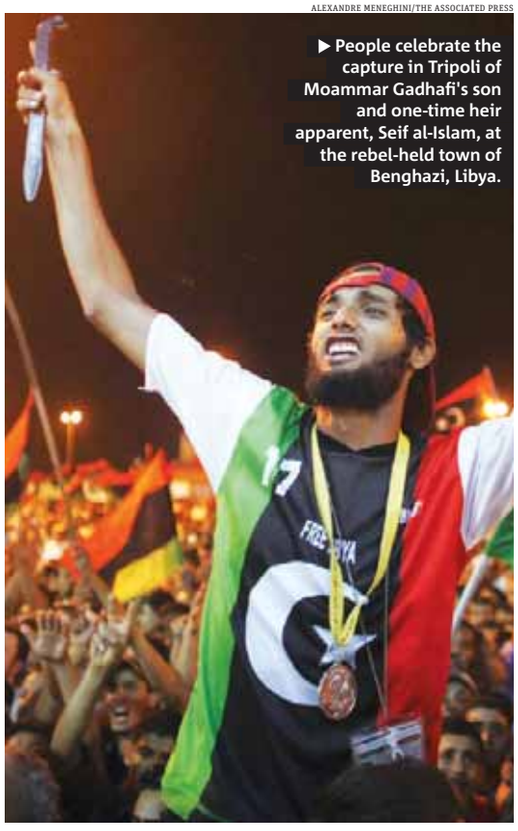
Gadhafi forces collapse

After six months of civil-war deadlock, rebels advanced more than 20 miles to Tripoli Attacks were launched in co-ordination with NATO

ALEXANDRE MENEGHINI/THE ASSOCIATED PRESS



People celebrate the capture in Tripoli of Moammar Gadhafi's son and one-time heir apparent, Seif al-Islam, at the rebel-held town of Benghazi, Libya.

Battle Briefing

- **Uprising against Gadhafi** broke out in mid-February, and anti-regime protests quickly spread across the vast desert nation.
- **Brutal regime crackdown** transformed the protests into an armed rebellion.
- **Rebels seized Libya's east,** setting up an internationally recognized government, and two pockets in the west, the port city of Misrata and the Nafusa mountain range.
- **Green Square has been** the site of night rallies by Gadhafi supporters.
- **From the beginning of** August, thousands of rebel fighters joined an offensive launched from the mountains towards the coast.

Libyan rebels raced into Tripoli in a lightning advance yesterday that met little resistance as Moammar Gadhafi's defenders melted away and his 42-year rule appeared to rapidly crumble. The euphoric fighters celebrated with Tripoli residents.

Opposition fighters captured Gadhafi's son and one-time heir apparent, Seif al-Islam. The prosecutor at the International Criminal Court in the Netherlands said he would contact the rebels to discuss his handover for trial on charges of crimes against humanity.

The rebels easily advanced from the west, took town after town, overwhelmed a major military base, then swept into the capital in a stunning turning of the tide.

The fighters and supportive residents flooded Green Square, shooting in the air in celebration, clapping and waving the rebels' tri-colour flag. Some set fire to the green flag of Gadhafi's regime and shot holes in a poster with his image.

Gadhafi's whereabouts yesterday were unknown. But he delivered a series of angry and defiant audio messages broadcast on state television, calling on his supporters to march in the streets of the capital and "purify it" from "the rats." He was not shown in the messages.

THE ASSOCIATED PRESS

Ruler's reign never failed to fascinate

Moammar Gadhafi is the Arab world's longest-ruling, most erratic, fascinating leader — presiding for 42 years over this North African desert republic with vast oil reserves and just six million people.

He was an international pariah blamed for the 1988 bombing of a Pan Am jet over Scotland, which killed 270 people. After years of denial, Libya acknowledged responsibility and agreed to pay up to $10 million to victims' relatives.

That eased him back into the international community. But, in February, Gadhafi gave a televised speech that fueled the armed rebellion against him. THE ASSOCIATED PRESS

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Canadians want more say in health

Health minister scheduled to address CMA meeting delegates

Most Canadians want greater input and accountability when it comes to patient care, including a formalized process to voice complaints about the health-care system, according to a new report.

In its National Report Card on Health Care in Canada, the Canadian Medical Association enlisted pollster Ipsos Reid to assess Canadians' attitudes toward the health-care system.

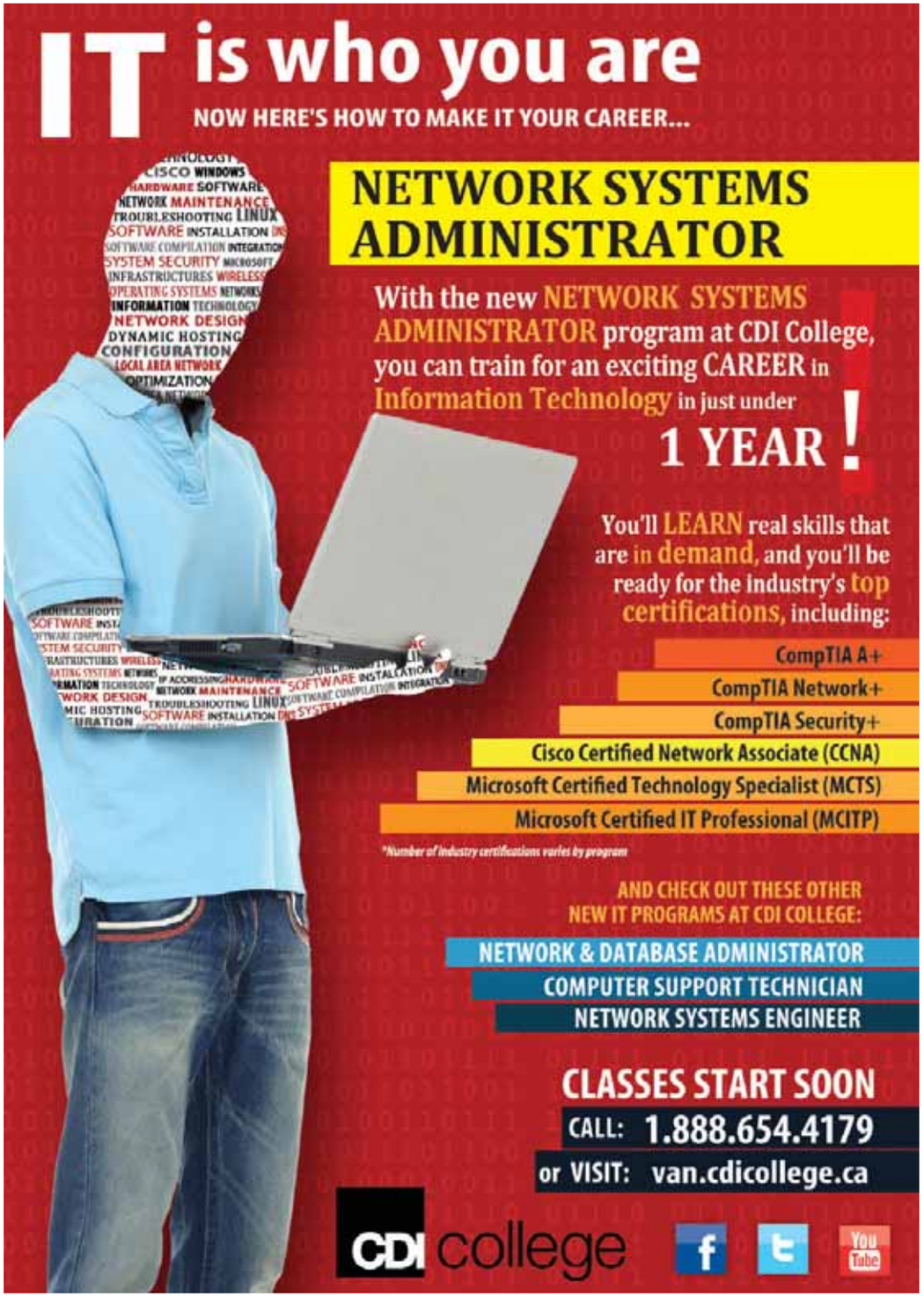
In findings from the CMA's annual report released Monday, 93 per cent of Canadians agreed that they would like their province to adopt a patient health charter, designed to ensure accountability and responsibility for the quality of care received.

Some 82 per cent of those polled agreed such a charter outlining patients' rights and responsibilities would make the system more efficient.

The survey found 87 per cent of Canadians agreed the patient charter should have a mechanism in place where citizens could complain about poor health-care service. THE CANADIAN PRESS

Health care

- **Decline.** The CMA said this year's report card saw a decline in Canadians' perceptions of the federal government's actions in dealing with health care.
- **Services.** 83 per cent of respondents said their health services either stayed the same or worsened since the 2004 health accord.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Warm. Greeting

▶ North Korean leader Kim Jong Il is welcomed with bread and salt in front of his armoured train upon his arrival yesterday at the Bureya railway station, eastern Siberia, Russia.

THE ASSOCIATED PRESS

Kim Jong Il visits Russia

Kim Jong Il crossed into Russia on his armoured train Saturday at the invitation of President Dmitry Medvedev, with the two leaders expected to meet later in the week to discuss the restart of nuclear-disarmament talks.

Memorial concludes Norway mourning

Norway's prime minister urged his countrymen to look after each other and be vigilant for intolerance, as the nation concluded a month-long mourning period with a candlelit memorial service yesterday for the 77 people killed by a right-wing extremist.

"Together we are an unbreakable chain ... against violence."
NORWAY PM JENS STOLTENBERG

Speaking at the ceremony in Oslo, Jens Stoltenberg said, "We need you. No matter where you live, no matter which god you worship, each and every one of us can take responsibility and can guard freedom."

Anders Behring Breivik, 32, has admitted to carrying out the July 22 killings. THE ASSOCIATED PRESS

Police arrest dozens at pipeline rally

Activists say Alberta pipeline plan is a disaster waiting to happen

A Canadian woman was among as many as 50 environmental activists handcuffed and taken to jail yesterday on the second day of peaceful White House protests against TransCanada's controversial Keystone XL pipeline.

Dozens were already arrested outside the White House on Saturday, the opening day of a two-week civil-disobedience campaign. They're expected to be released tonight.

By noon yesterday, police began arresting more demonstrators, including Patricia Warwick, 68, of Toronto and a 65-year-old woman from Massachusetts, who was celebrating her birthday.

The activists are facing charges of failing to obey an order governing protests on the sidewalk, said an official with the U.S. Park Police.

Officials for Tars Sands Action, the group that has organized the two-week campaign, say police originally assured them protesters would be released after being warned. Instead, they have been charged and held in jail for two nights.

U.S. President Barack Obama will decide by the end of the year whether to allow Calgary-based TransCanada to build the controversial, $7 billion US pipeline. It would transport millions of barrels of Alberta oilsands crude a week through the U.S. heartland and to Gulf Coast refineries.

Opponents say Keystone is a dangerous proposition, pointing to a number of recent spills along pipelines, and oppose Alberta's oilsands due to their high greenhouse gas emissions.

Advocates say the pipeline will create thousands of U.S. jobs.

THE CANADIAN PRESS

Volkswagon gives small car plan thumbs 'up!'

Volkswagen AG is launching a new small car — the up! — in Europe in December.

The automaker says the up! — which will come in three versions — will be "one of the smallest four-seat cars," at 3.5-metres long. It will be powered by a one-litre gas engine, with a natural gas version to follow.

THE ASSOCIATED PRESS

Market moment

PRICES AS OF 5 P.M. FRIDAY

TSX	Dollar	Oil	Natural gas 1,000 cu ft
- 179.24 (12,007.47)	- 0.02¢ (101.15¢ US)	- $0.12 US ($82.26 US)	$3.940 (+ 4.8¢)
			Gold contracts
			$1,852.20 (+ $30.20)

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Abdicating. King

▶ Burger King CEO John W. Chidsey, background centre, watches as The King, the chain's mascot, arrives at the New York Stock Exchange in 2006.

RICHARD DREW/THE ASSOCIATED PRESS FILE

'King' hangs up crown

Burger King is retiring its longstanding mascot. The fast food company, which has suffered declining sales, is rolling out a new advertising campaign, sans The King, that will focus on its burgers.

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I DOUBLE DOG DARE YA TO DO THE PNE MY WAY

URBAN COMPASS

PAUL SULLIVAN
METRO VANCOUVER

Indisputable fact: Summer is the best time of the year.

Another indisputable fact: The PNE is the best part of summer.

Just in case you're inclined to argue, here are the facts:

1) The SuperDogs.

2) The wooden roller coaster. It occurs to me, as I look around, that I'm the oldest guy in the lineup. What do the other old guys know that I don't?

3) The little doughnuts, which are only good for about eight minutes after they come off the doughnut device fresh and hot. Also edible: the two-foot-long hotdog experience Double Dog Dare Ya, Jimmy's hamburgers with fried onions and Hunky Bill's Genuine Winnipeg Garlic Sausage. Best advice is do the Hellevator or the Atmosfear first, wait five minutes, then dive into a Double Dog Dare Ya. You've got 11 months and 29 days to recover.

"Best advice is do the Hellevator or the Atmosfear first, wait five minutes, then dive into a Double Dog Dare Ya. You've got 11 months and 29 days to recover."

4) The 4H exhibit. Every year some kid becomes a vegetarian after raising a heifer from birth only to sell it for sirloins.

5) The SuperDogs.

6) Dal Richards. He's not quite as old as the fair itself, but almost — in seven years he'll be the world's only 100-year-old band leader. He leads a 14-piece band for two shows a day, all 17 days at the Fair. Beats that whippersnapper Kenny Rogers all hollow.

7) Whack-a-mole. Allows you to release 12 months of frustration by trying to hammer a moulded-plastic rodent into submission in order to win a giant pink bear. It doesn't get any better than that.

8) The PNE Prize home. This year, it comes with a free lot in Kelowna. Talk about a long commute. Added enticements: $1,500 worth of groceries from IGA. People stand in line to check it out. I'd rather stand in line for the roller coaster.

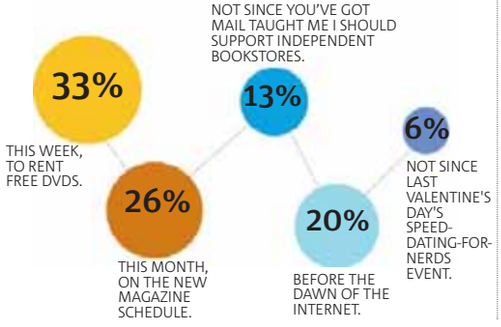
9) The Pig Races. I'm sure that in another 100 years from now, our descendants will think there's something barbaric about making Kevin Bacon and Britney Spareribs run around a track for our amusement. But talk about funny? I laughed so hard, I nearly cracked a spare rib.

10) The SuperDogs.

Imagine if you sat down to invent a summer fair in the year 2011. You would hardly begin with 73 varieties of exotic purebred rabbit, Nearly Neil and Hunky Bill's Genuine Winnipeg Garlic Sausage. Then add a 93-year-old band leader and throw in the Hellevator. But it works. Every year. See you at the fair.

Metropolitan Panel
Register at metropolitanpanel.ca and take the quick poll

When was the last time you visited a library?


33%
THIS WEEK, TO RENT FREE DVDS.
26%
THIS MONTH, ON THE NEW MAGAZINE SCHEDULE.
13%
NOT SINCE YOU'VE GOT MAIL TAUGHT ME I SHOULD SUPPORT INDEPENDENT BOOKSTORES.
20%
BEFORE THE DAWN OF THE INTERNET.
6%
NOT SINCE LAST VALENTINE'S DAY'S SPEED-DATING-FOR-NERDS EVENT.

Local tweets

- **@hkuran:** Live at Squamish - why didn't they have these things when I grew up there? #LAS2011
- **@wilbore:** Still don't actually know what Girl Talk does at a live show other than get naked, but it certainly was a fun dance party. #LAS2011
- **@AlyssaNoel333:** Incredible spot for a music fest. Crowd watching Brasstronaut subdued. Too much Girl Talk fun last night? #LAS2011
- **@canadagraphs:** Problem with being at the #PNE is I want to eat like 40 different things. Neither my budget or stomach however can do that
- **@nathan_sing:** The PNE is great this year. The people are friendly and the food is even more disgusting.
- **@deanguest:** The PNE is packed with families and people having a great time
- **@albertart:** I feel hungover but I didn't drink last night. Must be from all the bbq, brisket, and turkey legs at the #PNE #vancouver
- **@cedaratkins:** I had no idea Super Dogs at the #PNE was so entertaining! Loved it!

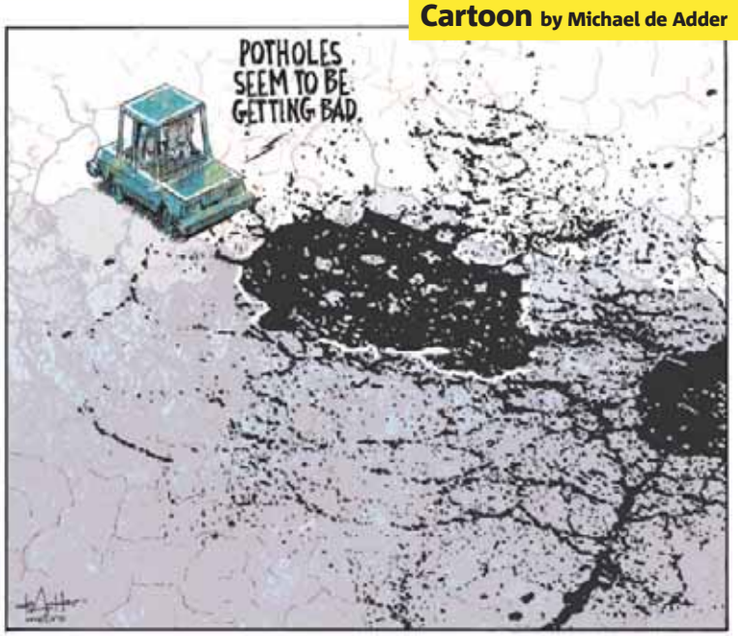
Letters

KITTENS. When I first heard about the kittens being dumped in a garbage at the Nanaimo ferry terminal, it made me sick.

But the reality is that this kind of despicable act happens every day. I volunteer with the Vancouver Orphan Kitten Rescue Association (VOKRA), and we find hundreds of kittens and adult and pregnant cats cruelly abandoned every month. We went from rescuing 800 cats a year to over 1,300 because of the increase in uninformed, irresponsible pet owners across the Lower Mainland. Spay or neuter your cat at five months old. If you are in a situation you can't manage, then call VOKRA for help. VOKRA is a no-kill rescue that relies entirely on volunteers and donations. We spend over $300,000 a year on vet bills alone. Right now, we have over 350 cats in our care, and we desperately need foster homes, adopters and donations. Please visit us at vokra.ca or call our message line at 604-731-2913.

LUBNA EKRAMODDOULLAH
VANCOUVER

Cartoon by Michael de Adder



WEIRD NEWS

Rebel-lious festivalgoers hit look-alike

A British comedian says he was attacked with a bottle at the Edinburgh Fringe Festival while dressed as Moammar Gadhafi.

Jeff Mirza was handing out flyers on the street for his show, dressed as the embattled Libyan leader, when a man approached and asked for a cigarette. Mirza said he shook his head and the man walked on, but when Mirza turned around he was hit on the back of the head with a bottle. He was not seriously hurt.

Mirza is at the annual festival with his show Jihad: Heresy or Hearsay.

The comedian said yesterday that most festivalgoers had been welcoming. He said "most people at the Fringe get the joke of me being dressed up as a washed-up dictator trying to sell the show."

Police say they do not believe the attack was racially motivated.

THE ASSOCIATED PRESS

▶ Libyan leader Moammar Gadhafi
PIER PAOLO CITO/THE ASSOCIATED PRESS

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His grotesque love affair

Hard work and horror drive Guillermo del Toro Filmmaker seeks the extraordinary in the ordinary

HANDOUT

▶ Film writer and producer Guillermo del Toro, seen here with Don't Be Afraid of the Dark star Bailee Madison, has loved the horror genre since childhood.

RICHARD CROUSE
SCENE@METRONEWS.CA

Guillermo del Toro may be the world's cuddliest boogeyman. When I enter the hotel room to interview the forty-seven year old producer of Don't Be Afraid of the Dark, he stands up and hugs me. Not exactly what you anticipate from the master of horror.

But then again, surprises are his stock in trade. From the eerie Pale Man character in Pan's Labyrinth to the deadly mechanical scarab of Cronos, he has trained viewers to expect the unexpected from his films.

A career spent scaring the pants off people has given the director some insight on why we like to be terrified at the movies.

"We try to look for the extraordinary in our ordinary lives," he says. "That's just the normal way we behave as spiritual beings. And horror movies allow us to live extraordinary experiences without having to go through extraordinary risk.

"I have a harder time understanding reality shows than I have a hard time understanding genre films. Because genre films give you something you don't get in real life. Reality shows give you people you would normally never talk to in real life. Why are you interested in watching them?"

"The scariest thing about these creatures in the movie is that they are intelligent. They strategize. They literally find ways to get the upper hand against the humans"
DEL TORO ON THE MONSTERS IN DON'T BE AFRAID OF THE DARK

Not that the self-described workaholic has much time to watch reality TV. When he's not executive producing Oscar nominated movies like Biutiful he's writing the much anticipated Lord of the Rings film The Hobbit: An Unexpected Journey, or working on a new novel with his co-writer Chuck Hogan. Add to that the alien attack movie Pacific Rim which he'll spend the next year filming in Toronto and you have one of the busiest men in the business.

"Hard work is pleasure for me," he says, adding that luckily, "I have been surrounded by a system of enabling family and I submerge myself in my work."

A horror fan since childhood, ("I read Salem's Lot in one sitting," he says. "Eleven hours from eight a.m. to seven p.m. outside in the pool. I had a second degree burn because of that!"), he has simple criteria for the projects he accepts.

"You should only get involved in things you love irrationally," he says.

K'naan visits famine-hit homeland

Somali-Canadian rapper pledges to donate what he can to help with Somalian crisis

Rapper K'naan on Sunday brought his waving flag back home to Somalia to help people as they struggle with a devastating famine that has killed tens of thousands of children.

The rapper, who left Somalia as a child more than two decades ago to settle in Canada, made a brief visit to Mogadishu. He was mobbed by famine refugees who tried to shake his hand or hug him as he toured Mogadishu's Banadir Hospital and met with malnourished children.

"I came to Somalia to see the situation here and give any donation I have to the people and anything else available," he said, speaking in Somali. "I will do all I can to help my people in Somalia."

He did not perform his hit song Wavin' Flag, which tells of the difficulties he faced growing up in the lawless, impoverished Horn of Africa country. A version of that song was used for a Coca-Cola campaign when South Africa hosted the 2010 World Cup.

The United Nations says more than 3.2 million Somalis need food aid. The United States says 29,000 Somali children under age five have died.

The UN says tens of thousands of people already have died in Somalia, Kenya, Ethiopia and Djibouti and has warned that the famine hasn't peaked. More than 12 million people in the region need food aid, according to the UN. Somalia has been hit hardest because of a confluence of conflict and climate change.

Decades of violence in Somalia has left population vulnerable to the vagaries of weather changes.

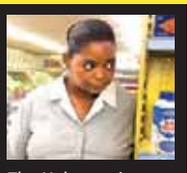
Islamist insurgents are also attempting to overthrow Somalia's weak UN-backed government. The most dangerous among the groups is the al-Qaida-linked al-Shabab, which has barred aid agencies from operating in the territories it controls in southern Somalia.

THE ASSOCIATED PRESS

FARAH ABDI WARSAMEH/THE ASSOCIATED PRESS

▶ K'naan visited Somalia's capital Mogadishu on Sunday.

Box office



The Help continues to clean up at the box office, taking over the No. 1 spot with $20.5 million in its second weekend. The drama about Southern black maids had debuted in second-place a week earlier. The Help raised its domestic total to $71.8 million and bumped Rise of the Planet of the Apes, which slipped to No. 2 with $16.3 million after two weekends at the top.

A rush of new movies had weak openings: the family sequel Spy Kids: All the Time in the World at No. 3 with $12 million; the action remake Conan the Barbarian at No. 4 with $10 million; the horror remake Fright Night at No. 5 with $8.3 million; and the literary adaptation One Day at No. 9 with $5.1 million..

THE ASSOCIATED PRESS

Apes' actress, model, Estella Warren, ordered to rehab after pleading guilty in drunk driving case.

Reality too much to take?

Experts fear more real-world turmoil for those who seek fame on reality TV series

EVAN AGOSTINI/THE ASSOCIATED PRESS

▶ Russell Armstrong, right, the estranged husband of Real Housewives of Beverly Hills star Taylor Armstrong, was found dead in his Los Angeles home last week.

Reality came crashing in on Russell Armstrong. With the second season of The Real Housewives of Beverly Hills set to premiere in a few weeks, and a pending lawsuit and divorce, the venture capitalist-turned reality personality hanged himself.

Armstrong left behind no note explaining why, leaving others to indict and defend a genre that has seen its share of off-screen turmoil that often dwarfs the drama caught on camera.

The headlines include a murder, drug trafficking, overdoses, financial ruin, and custody disputes and divorces that play out in the tabloids as much as they do courtrooms. Experts caution reality TV is not solely to blame, but the full impact on its participants and audience is not yet known.

At least temporarily, Armstrong's suicide has shaken one of the genre's brashest franchises.

Bravo, which airs The Real Housewives of Beverly Hills, is re-editing the show's second season, which had planned to focus on the marital strife between Armstrong and his wife, Taylor. The network did not say how it would alter the unaired episodes, or whether it would incorporate any mentions of suicide prevention resources.

"These shows are really not average Americans anymore. You have a lot of exhibitionists and people who want to get into the biz who are sacrificing themselves." STUART FISCHOFF, PROFESSOR AND FOUNDER OF THE JOURNAL MEDIA PSYCHOLOGY

Beyond Housewives, few people, including Russell Armstrong's own attorney, expect the suicide to have broad implications for the reality show industry.

"I don't think it'll make any difference at all," attorney Ronald Richards said in an interview. He said he hoped the show would remove Armstrong from its storyline altogether, but said his client had been warned of the pitfalls of appearing in a reality series before signing on.

Housewives has since its debut in 2006 thrived on the divorces, foreclosures and tempers of its well-heeled cast members' lives. The Washington, D.C., version starred a couple accused of crashing a state dinner at the White House, and the first season of the New Jersey version ended with one housewife angrily calling a fellow cast member a "whore" and overturning a table while the woman's children looked on.

Stars of current hit shows such as Jersey Shore have revelled in bad behaviour, while even those that aim to help have been rocked by off-screen tragedy. Two alumni of Celebrity Rehab — actor Jeff Conaway and former Alice In Chains bassist Mike Starr have died after their seasons aired.

The precise impact of the shows on their stars' later lives is difficult to determine, yet the Armstrongs are just one of many couples whose relationship failures have been chronicled by reality TV.

The TLC-series Jon and Kate Plus 8 was upended after it was revealed the couple's marriage was in shambles; the reconfigured show Kate Plus 8 was recently cancelled. Younger parents are also fair game, with shows such as Teen Mom showing not only the custody struggles of young mothers, but a street fight that had ended with charges being filed.

"It's really hard to know what would have happened to these people otherwise," said Karen Sternheimer, a sociology professor at the University of Southern California. "We don't have a control group of other drama queens."

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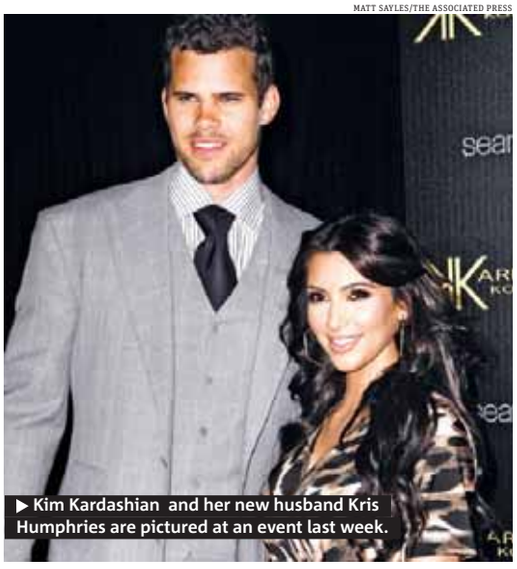
MATT SAYLES/THE ASSOCIATED PRESS



▶ Kim Kardashian and her new husband Kris Humphries are pictured at an event last week.

Kim, Kris tie the knot

Kris Humphries has officially caught up with Kim Kardashian. The basketball pro and the reality star are husband and wife.

Kardashian, 30, and Humphries, 26, tied the knot Saturday night in the exclusive Montecito area near Santa Barbara, California, Kardashian publicist Jill Fritzo told People magazine and E!

The ceremony will be televised as a two-part special on E! in October.

It is the first marriage for Humphries, who last played for the NBA's New Jersey Nets, and the second for Kardashian, star of E!'s Keeping Up with the Kardashians. She was married to music producer Damon Thomas from 2000 to 2004.

People and E! reported Kardashian wore an ivory gown designed by Vera Wang. Her stepfather, Bruce Jenner, walked her down the aisle in front of 440 guests.

Kardashian's gown had a tulle skirt, basque waist and Chantilly lace, and was matched with a pair of Giuseppe Zanotti shoes, the media outlets reported. The bride planned to wear two other Wang dresses before the night and the party were over.

Her sisters and TV co-stars Kourtney Kardashian, 32, and Khloe Kardashian, 27, served as co-maids of honour.

Famous guests

- Guests at the wedding included Demi Lovato, Mario Lopez, Eva Longoria, Sugar Ray Leonard, Alan Thicke and Lindsay Lohan.

The groom wore a white peak lapel tuxedo jacket, black tuxedo pants and, a white shirt and a white bow tie, all designed by Ermenegildo Zegna.

Kardashian and Humphries began dating late last year and announced their engagement in May. He proposed on bended knee with a 20.5-carat ring by spelling out "Will you marry me?" in rose petals.

Since the couple's engagement, the pending nuptials have provided constant fodder for the media and the Kardashians, who posted updates about the wedding on their blogs and websites.

The waves of hype that preceded the ceremony didn't seem to faze the bride.

Earlier this week, Kardashian said she was "totally calm" about the ceremony.

"I think that freak-out moment kind of already passed," she said at a party Wednesday to launch her new clothing line at Sears.

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Lilo passed over for movie role as troubled character

Oh the irony: Film director reluctant to work with Lohan given her negative reputation

ALL PHOTOS GETTY IMAGES

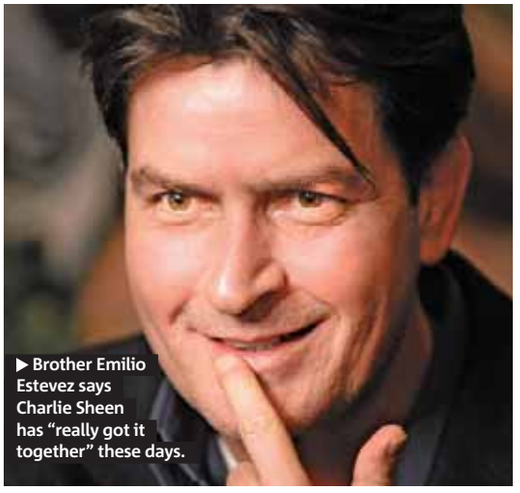
▶ Lindsay Lohan

It's more work-related bad news for Lindsay Lohan, who reportedly lost out on a role in Magic Mike, a film loosely based on Channing Tatum's time as a stripper, according to E! Online.

"The character is trouble with a capital T, which Lindsay would have been perfect for," a source says.

But director Steven Soderbergh didn't agree, so he cast Riley Keough in the role instead.

"He didn't want to deal with all that. Nobody wanted to go there," the source adds. METRO


▶ Brother Emilio Estevez says Charlie Sheen has "really got it together" these days.

Charlie Sheen version 2.0?

Charlie Sheen is ready for his comeback, at least as far as his brother Emilio Estevez is concerned.

"He's a different guy. He's a completely different guy. He's got his voice back. And I think he's got his focus," Estevez tells Access Hollywood about the troubled former Two and a Half Men star.

"He's on a new show and he's going to be roasted by Comedy Central — which I think is going to be hysterical. I think that he's really got it together."

METRO

Jesse James and Kat Von D are giving it another shot

▶ Jesse James and Kat Von D

Despite calling off their engagement last month, Jesse James and Kat Von D are officially back together, according to People magazine.

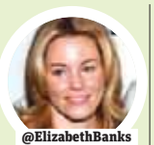
"Sometimes you are only given one chance in life," James tells the magazine.

"It was up to me to open my eyes and see it. That girl is my chance. I will never stop fighting and striving to hold on to her. Showing her how special she is, and how much I love her."

It's a bit of good news for tattoo princess Von D, whose TLC reality show, LA Ink, was just cancelled.

METRO

Celebrity tweets


@ElizabethBanks

"Hang out with a cat-suited Jane Fonda? Check. #bucketlist"

@therealzooeyd

"working 16 hour days gives me an amazing excuse to act like an old person. yay."

@JerrySeinfeld

"I am not a vegetarian, by the way. If anyone saw that."

@pattonoswalt

"Ate 1/2 bag of Veggie Booty 2 hours ago, threw it away in disgust. Dug it out of trash just now. Watching a-ha vids on YouTube. I suck."

Bieber fever alive and well

When 11-year-old Caroline Gonzalez was made mayor of Forney, Texas for a day, her first order of business was to give Main Street a new name: Justin Bieber Way.

"I just really like Justin Bieber, and I thought it would be cool if we had a street in our town named after him," Gonzales said of her decision. "I thought it was pretty cool, and if Justin Bieber was actually here, I'd probably faint."

Unfortunately, the new name proved too popular,

▶ Justin Bieber

as the sign was soon stolen.

"We don't know if it was really a crazed fan who decided they had to have it or what," the town's regular mayor, Darren, Rozzell, says. METRO

Marc Anthony may be trying to win back his wife

Marc Anthony reportedly hasn't been taking his split from Jennifer Lopez very well, according to Us Weekly.

"He calls her nonstop," a source says.

"Marc is constantly harassing her and doesn't think she'll go through with the divorce."

Anthony's reps deny it, adding that the pair are remaining amicable through the process.

METRO

Kristen Stewart not an advocate of marriage

Kristen Stewart doesn't have plans to marry Robert Pattinson anytime soon — or ever, by the sound of it.

"I like the thought of two people staying together for the rest of their lives," she tells Germany's TVMovie magazine.

"For me, however, this doesn't need to be sealed with signatures."

But that's not stopping Pattinson from being romantic, as he reportedly purchased a $40,000 antique gold and platinum locket for Stewart recently with a personalized inscription that reads, "Even if you can't see me, my love for you is always there."

METRO

Tie the knot on a budget

With Kim Kardashian's wedding nuptials to Kris Humphries rumoured to be in the millions of dollars, we take a look at wedding planning for those of us with thinner wallets

Decades of brides have walked down the aisle sporting something old, something new, something borrowed or something blue. Jessica Kavanagh's clients can also boast something black — the bottom line of their wedding day budget.

Kavanagh, 23, may have had to spend hours walking the bride through second-hand stores in search of the perfect dress and likely devoted days to arranging the nuptial flowers by hand to keep costs down, but believes the time is always well-spent.

Creating a big day on a small budget is a key focus of her Toronto event planning business, J. Kavanagh Events, and weddings are no exception. If anything, Kavanagh says, a marriage celebration represents an ideal time to exercise fiscal restraint. "Yes, this is your wedding and it's so exciting and a big life moment, but this is like the pregame show to the marriage. It's only one day," Kavanagh said. "It's just a celebration, not the be-all-end-all of your life."

The first thing Kavanagh needs to adjust is not the price of the entire event but the expectations of the couple tying the knot, she said.

She urges couples to look beyond traditional wedding vendors and time-honoured venues, saying conventional thinking can often lead to a dizzying price-tag.

Kavanagh's advice struck a chord with Alison MacKenzie, whose budget for her October wedding threatened to spiral out of control without some timely intervention.

She and her fiance were willing to shell out for their wedding attire, their rings and an open bar reception, but felt the rest of needed a thriftier touch.

Their decision to serve cocktails and appetizers instead of a sit-down dinner went a long way to keeping costs down, MacKenzie said, adding Kavanagh stepped in with other suggestions.

"Jessica was great about warming me up to the idea of doing our own flowers," she said. "You don't have to spend 50 to 100 bucks for centrepieces. We'll have flowers throughout the venue, but we'll do those ourselves."

MacKenzie's guests will mingle at the reception in the glow of cost-effective candlelight and munch on cupcakes instead of a traditional, pricier wedding cake. They won't leave bearing a conventional wedding favour, but will learn that a donation has been made in their name to a charity that matters to the couple.

MacKenzie said these decisions will allow her and her fiance to celebrate their big day with a clear conscience. "We didn't want to be saddled with a huge Visa bill or debt at the end of it," she said. "That's a great way to start your marriage, 'Let's talk about a repayment plan.'"

THE CANADIAN PRESS

THE CANADIAN PRESS/ VINCENT ELKAIM

▶ Wedding co-ordinator Jessica Kavanagh, right, arranges flowers with her client Alyson MacKenzie. Kavanagh offers wedding planning services for those on a budget.

Trim the fat

Here's some ways to save.

- **Invites**
  Digital printing outlets offer a cheaper way to print wedding invites.
- **Wedding dress**
  Visit a second-hand store for the dress, says Darsi Pizzalato. "Any item being used on the wedding day is being used for 12 hours. Unless she's doused a bottle of wine on her, the dress is still new."
- **Flowers**
  Bouquets used for the ceremony can be reused as centrepieces at the reception.

3 life

A new study shows

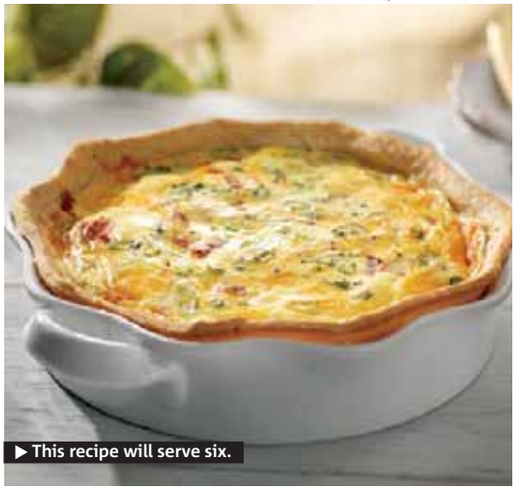
... bed sharing, in which your baby sleeps next to you, doesn't necessarily result in developmental issues, according to a report from the Teachers College of Columbia University in New York City. The 944 kids — ages one through five —studied by researchers indicated there was no risk. MWN

Organic purees for babies: Tasty for little ones, handy for parents.

A summertime quiche

Cheese quiche with onions, red peppers & turkey will be a brunch hit

THE CANADIAN PRESS/ DAIRY FARMERS OF CANADA



▶ This recipe will serve six.

Using a few pantry staples like cream and eggs, this quiche can be whipped up for a patio brunch and will quickly become a family favourite.

Aged cheddar cheese adds a zip of flavour to turkey while the green onions and roasted red peppers add colour and texture.

Preparation:

1. Preheat oven to 190 C (375 F).
2. Sprinkle the cheese in the bottom of a pie shell. Add turkey, roasted red pepper and green onions; using fork, toss gently to combine and spread evenly.
3. In a medium bowl, whisk together cream and flour. Add eggs and salt and whisk until everything is well combined. Slowly pour over cheese mixture, using fork to allow cream mixture to fill pie shell evenly. Bake the quiche on bottom rack for about 45 minutes or until top is golden, edges puff and knife inserted in centre comes out clean. Let cool for 10 minutes before cutting into wedges.

THE CANADIAN PRESS/ DAIRY FARMERS OF CANADA

Ingredients:

- 1 unbaked frozen deep-dish pie shell (23 cm/9 inches), thawed
- 250 ml (1 cup) shredded 5-year-old cheddar cheese
- 250 ml (1 cup) diced cooked turkey or chicken
- 75 ml (1/3 cup) diced roasted red pepper
- 2 green onions, thinly sliced
- 175 ml (3/4 cup) 10 per cent cream
- 15 ml (1 tbsp) all-purpose flour
- 3 eggs
- 1 ml (1/4 tsp) salt

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Where we can recycle an old cellphone?
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Here's an easy website to remember, recyclemycell.ca. You can find a drop-off location in your area.

Worldwide, there are about eight million cell phone users.

The truth is that about 96 per cent of the materials in mobile devices are recyclable.

But the reality is that only 12 per cent of used mobile devices are being recycled in Canada.

Where are the rest? Probably sitting in a drawer at home — you know the one — or maybe thrown out.

Recycle My Cell accepts cellphones, smartphones, wireless PDAs and pagers.

The brand or condition of the device doesn't matter, and the service is free.

And before you purchase a new mobile device, check out Greenpeace's Guide to Greener Electronics.

It ranks the top 18 manufacturers of mobile phones, computers, TVs and games consoles according to their policies on toxic chemicals, recycling and climate change. See more at Greenpeace.org/electronics.

David Suzuki Foundation

ADVERTISING FEATURE

Vancouver Career College is still accepting applications for the September start of its Practical Nursing program. This is a terrific opportunity for those looking to enter the growing healthcare field.

For the last several years Canadians have been concerned about the impact of an aging population on the country's healthcare system. As baby boomers enter retirement and more people require increased medical attention and healthcare assistance, the healthcare system is turning to licensed practical nurses (LPNs) to provide support in hospitals, long-term care facilities and care homes. Those looking for career opportunities in this high-demand field can gain the necessary education and credentials through Vancouver Career College's 51-week Practical Nursing program.

Students enrolled in the Practical Nursing diploma program will acquire with the theoretical knowledge and hands-on experience required on-the-job. Throughout the program, the college's industry experienced instructors will prepare students with the fundamentals of community health, gerontology and acute care.

"The Practical Nursing program at Vancouver Career College is an accredited program for dedicated individuals looking to play a role in our healthcare system," says Tara Moore, PN Coordinator at Vancouver Career College's Burnaby campus. "We offer courses in health, healing, nursing arts, human relationships, communication, and job search strategies that will help them in the field after graduation."

In addition, students complete several clinical practicum placements in a range of nursing fields and a final internship that will help ease their move into the professional world.

The Practical Nursing program meets the training standards established by the College of Licensed Practical Nurses of British Columbia (CLPNBC). Graduates will be prepared to write the Canadian Practical Nurse Registration Exam (CPNRE) and, upon passing, be eligible to apply for licensing with the CLPNBC.

Vancouver Career College is still accepting applications for the 51-week Practical Nursing program's September session at its campuses in Abbotsford, Burnaby and Kelowna. Program length may change for future sessions due to curriculum revisions.

If you're interested in learning more about the program call **1-866-306-6766** or visit **learn.vccollege.ca.** Join the conversation on Facebook **(Facebook.com/VancouverCareerCollege)** and Twitter **(Twitter.com/VCCollege).**

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School has some breathing uneasy

Back-to-school brings a boom in asthma attacks, hospital visits, experts say ▶ Parents can take precautions

Oni Joseph used to go to her son's school each fall and explain why he was constantly sniffling and out of breath.

Her son, 13-year-old Toussaint, was "born wheezy," and his asthma has only grown worse with time, the Ottawa poet and mother said.

Now, of course, the teen's teachers and classmates are used to his perpetually runny nose, his stash of tissues and his inhaler, a device used to send medication directly into the airways, his mother said.

But Joseph, 38, still worries about sending him back to school in September, a month when asthma attacks — and asthma-related visits to the emergency room — skyrocket.

Toussaint's symptoms always flare up in the fall, she said, and "he's had so many (attacks) this year," including two that had the family dashing to the Children's Hospital of Eastern Ontario in a panic.

SEAN KILPATRICK/THE CANADIAN PRESS

▶ Oni Joseph is seen with her son Toussaint, 13, who suffers from severe asthma.

"It's the scariest thing as a parent because you can't do anything. So I'm very stressed."
ONI JOSEPH, MOTHER OF YOUNG ASTHMA SUFFERER

"It's the scariest thing as a parent because you can't do anything," she said. "So I'm very stressed."

Each year, the so-called "September epidemic" strikes legions of children who suffer from asthma, a respiratory condition that affects roughly 10 per cent of children and causes more than 200 deaths annually, according to Statistics Canada.

Studies show the first few weeks of school bring a boom in asthma attacks - violent, often terrifying episodes marked by coughing, wheezing and chest tightness - and trips to the emergency room.

Hospital visits hit a "dramatic peak" 17 days after Labour Day, a holiday generally considered the end of summer vacation, said Neil Johnston, an epidemiologist at the Firestone Institute for Respiratory Health in Hamilton.

For older teens and adults, the spike comes about a week later and isn't as pronounced, said Johnston, who has analyzed the phenomenon in a number of studies.

"Things that are so exquisitely timed don't just happen by accident. There's something going on," he said, noting researchers in Britain and Trinidad have spotted the same pattern.

Though the September spike is predictable, it's not entirely preventable, given all the factors at play.

But there's a lot families can do to lessen its impact, said Dr. Paul Ehrlich, a pediatric allergist in New York City and co-author of "Asthma, Allergies, Children: A Parent's Guide."

Parents should visit the school's health clinic to make sure nurses there know how to administer medication with an inhaler, he said.

They should also talk to teachers and explain why their children are itchy, sneezy or wheezy, the doctor said.

And some parents may want to spend a day tagging along with their little ones to spot possible pitfalls, such as dusty mats and rugs for nap time, he said.

THE CANADIAN PRESS

Asthma info

There are two kinds of asthma medication

- Drugs dubbed "rescuers" relax the muscles around the airways to quickly ease breathing in case of an attack, but they don't treat inflammation.
- "Control" medications, such as inhaled steroids, help soothe the inflammation that causes asthma symptoms. They must be used consistently to work.

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Stretching out the summer earnings

You've put a few pennies in your pocket but school's about to suck them up **Make that moola last all year**

ISTOCK

▶ Hitting the books doesn't have to mean breaking the bank.

The new school year is the perfect time to get a fresh start, but it can also be an expensive time of year for students leaving for university or college. As the summer winds to a close, realizing just how much money you'll need for tuition, books and living expenses can be a real eye-opener — but it is possible to stretch your summer income throughout the school year. Here are some tips:

Start tracking your spending now

Most people have no idea how much money they spend in a month. Whether it's books or burgers, tracking your spending will help keep it in check so you don't run out of cash before final exams. Free personal financial management tools like Mint.com track your spending, help plan budgets, and alert you if you've spent too much in a particular category, such as entertainment.

Consider your expenses and look at alternative solutions

If your budget is coming up short, start looking into some cost-saving options. For example, textbooks can be a huge expense, but if the course material hasn't changed from last year, buy used at half the price. Need furniture for your dorm room? Hit the garage sales or check online for deals on discounted or used items before heading to Ikea.

Fill your grocery cart with more, for less.

Start comparison-shopping by looking at flyers to find the best deals. Keep tabs on your grocery budget each week — and curb that expensive takeout in favour of a home-cooked meal. Mint.com users say they spend 40 per cent less eating out once they actually pay attention to what it costs.

Boost your bank account

If those summer dollars just can't cover it all, look into a part time job. There are lots of opportunities on campus if you check out the student services centre. Many colleges and universities also offer a wide variety of untapped scholarships and bursaries. Do some digging and determine if you're eligible — the additional cash in your account could help get you through to the end of the year. **NEWS CANADA**

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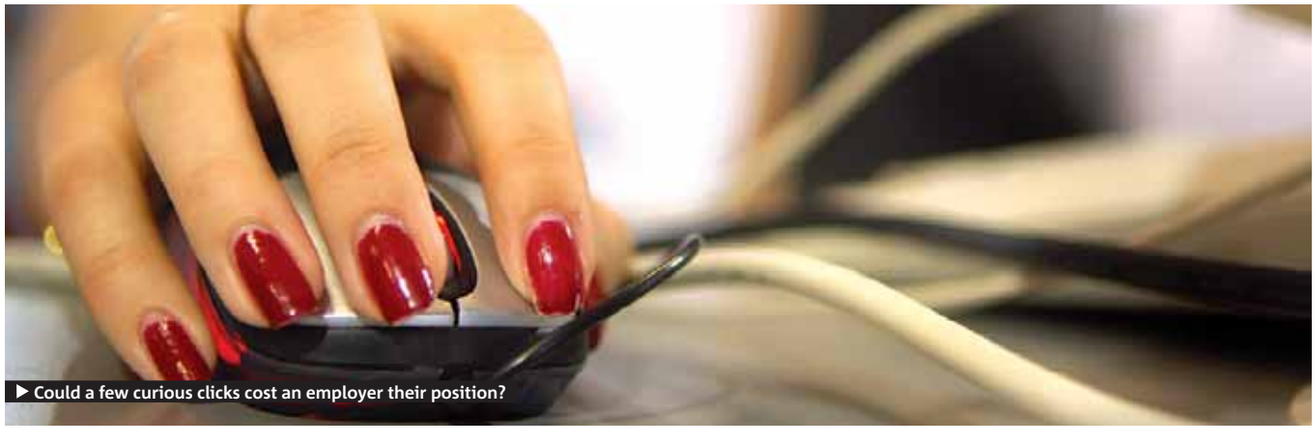
Taking a peek at your posts

It's easier than ever to monitor what an employee are doing online But will doing so land the looker in trouble?



Could a few curious clicks cost an employer their position?

While governments and courts grapple with what online activities are and are not private, new programs have emerged to make it easy for bosses to keep tabs on everything from Facebook comments to pubs that workers have visited and noted on Foursquare.

"This is a radically evolving area of law right now," says Brian Bowman, a Winnipeg lawyer with Pitblado Law who specializes in privacy issues.

"What is public and what is private is the moving target right now."

Companies don't even need to have their own staff comb social media sites for employees' activities. There are programs that will do it for them - gathering posts as they are made and feeding it to the employer.

Social Sentry, a tracking system offered by California-based Social Logix, records and archives social media activities by employees from any location — at work, at home or anywhere else.

The company says it's not just looking for workers who might leak sensitive data or waste work time on Twitter. The program is also aimed at protecting the company's reputation and dealing with the broadly worded category of "HR issues."

A similar snooping service is pitched to university sports teams by Vermont-based UDiligence. The company says it can monitor the social media posts of student athletes and discover ones that might be objectionable. The posts are then forwarded to the university's athletics department so that the school can take steps to protect its reputation.

While it might seem extreme to have your boss or coach poring over your pub-crawl tweets or vacation photos, one expert says it's perfectly acceptable in the digital age.

"This is a radically evolving area of law right now. What is public and what is private is the moving target right now."
BRIAN BOWMAN, LAWYER

"There's nothing wrong, in my view and in the view of the law, with an employer reviewing what people are up to on social media," said Metro Canada columnist Daniel Lublin, a Toronto employment lawyer with Whitten and Lublin who specializes in wrongful termination cases.

"There are many examples of ... people being fired because of the reputational risks that it poses for the company."

Lublin says anything posted online is considered public, and the only hurdle is whether your online activity is bad enough to justify bring disciplined or fired.

"Then you have a more contextual analysis. The context being, is there prior employment discipline, is this person a manager or in a position of trust or authority, is there a reasonable justification for what happened?"

But Bowman disagrees. He says courts are still working out what is considered private.

"A lot of cases hinge on this idea of a reasonable standard (of privacy)," Bowman said.

"We get calls from some employees and they've got a group of 10 friends and perhaps one of their friends on Facebook shows their employer something. In most cases, we'd say, 'Yeah, you probably have a reasonable expectation of privacy.' In other cases, where you've got 1,000 friends ... and you're posting things that you really shouldn't be posting, it's a tougher argument to make."

THE CANADIAN PRESS

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Laws of the land

- Privacy laws in British Columbia, Alberta and other jurisdictions have set out, at least in very broad terms, what kind of personal information can be accessed by third-parties such as employers.
- Alberta's law, for example, requires companies to notify employees about any collection of private information. But it's not clear whether online social media posts would be considered private.

A healthy tummy means a happy child

Meredith Deasley has turned food into thought, teaching parents the fundamentals of feeding their families So what's fpr dinner?

TURNING POINT

TERESA KRUZE
LIFE@METRONEWS.CA

Her 18-month-old daughter was writhing on the floor in pain and Meredith Deasley was desperate to bring her some relief. "We're going to fix this. I don't know what it is but we're going to fix this."

Meredith read every book on nutrition she could find.

She learned about food sensitivities and eventually became a registered pediatric nutritionist.

Today her eldest daughter is healthy, her younger daughter is thriving and Deasley says she is determined to show other parents how they can heal their children by watching what they eat.

▶ Meredith Deasley encourages all parents to become knowledgeable about nutrition.

"There are so many children in the world that are suffering whose parents don't know that it's their digestive systems that need to be healed. The biggest culprit for attention deficit disorder is chemicals. For autism, the culprits are dairy or glutens. Epilepsy is aspartame and heavy metals."

Deasley wrote The Resourceful Mother's Secret to Healthy Kids in 2002. Her research, teaching and methods have become a turning point not only for her family but others as well.

"I want parents to know they have the power to heal their children so that they have healthy lives."

Food facts

Symptoms of Food Sensitivities

- Colic and gas pain
- Diaper and Skin Rash
- Runny nose and congestion
- Diarrhea and Constipation
- Mood swings and hyperactivity
- Multiple ear infections
- Poor sleeping habits

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4 sports

Canadian paddles to 2 golds

Vincent-Lapointe defends title over 200 metres Three golds for Canada at world championships

Canada's Laurence Vincent-Lapointe beat a strong field to win the women's C-1 200 metres yesterday, claiming her second gold medal at the world canoe and kayak championships.

The 19-year-old paddler from Trois-Rivieres, Que., crossed in 48.876 seconds to defend her world title in the non-Olympic event. Maria Kazakova of Russia was second, while Staniliya Stamenova of Bulgaria won the bronze.

"I was caught off guard by the fast start by the field and that made me more nervous during the race," Vincent-Lapointe said. "My arms were really burning up as I approached the finish line. This was the strongest field I'd ever faced."

The Canadian's victory came a day after she and Mallorie Nicholson of Oakville, Ont., took gold in the C-2 500-metre final.

The win was Canada's third at the world championships. Adam van Koeverden of Oakville started things off with a victory in the men's K-1 1,000 on Friday.

Mark De Jonge of Halifax earned an Olympic quota spot for Canada with his sixth-place finish in the men's K-1 200 metres.

"It was a very satisfying race," said De Jonge. "I had known since May I was going to race this event at worlds so it was a long build-up practising every day with the objective to get the Olympic spot for Canada. It was a good feeling to deliver when it was time."

"We're always communicating to each other in the boat but this time it was impossible. I couldn't hear myself think, the crowd was so into the race, it was really intimidating."
LAURENCE VINCENT-LAPOINTE, ON SATURDAY'S C-1 500-METRE FINAL

Piotre Siemionowski of Poland won the gold. Britain's Edward McKeever was second, while Germany's Ronald Rauhe was third.

Canada earned three Olympic quota spots at the world championships. The final opportunity to gain spots will be at the Pan American Games in October in Mexico.

"Certainly we had some athletes who were hoping for better results, but we had several boats which were very competitive," said Barney Wainwright, CanoeKayak Canada's high-performance director. "We've learned a lot and now we have to turn around focus quickly to the Pan Am Games."

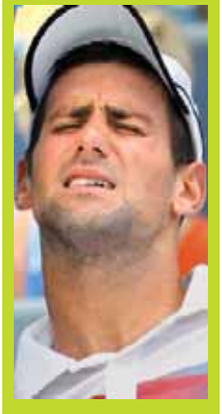
In other non-Olympic events, Mark Oldershaw of Burlington, Ont., was fifth in the C-1 5,000 while Van Koeverden was fifth in the K-1 5,000.

THE CANADIAN PRESS

BELA SZANDELSZKY/THE ASSOCIATED PRESS

▶ Laurence Vincent-Lapointe smiles after winning the women's C1 200-metres final race yesterday at the Canoe Sprint World Championships in Szeged, Hungary.

Quoted



"The good thing is there's a week, eight days to the start of the Open. I'm confident I can recover and be ready for the U.S. Open."
NOVAK DJOKOVIC, AFTER HE WAS FORCED TO RETIRE IN THE SECOND SET YESTERDAY AT THE WESTERN AND SOUTHERN OPEN BECAUSE OF A SORE RIGHT SHOULDER.

Scan code for more sports news.

Whitecaps felled by Portland Timbers 2-1

Jorge Perlaza had a goal and an assist, and the Portland Timbers beat the rival Vancouver Whitecaps 2-1 Saturday night in the first match this season between the Major League Soccer expansion teams.

The victory snapped a two-game losing streak for the Timbers, who are holding on to playoff hopes in their first season. The Whitecaps, in the basement of the Western Conference standings, have lost three of their last four games.

The match was the latest showdown in the fan-created Cascadia Cup rivalry between the Timbers, the Whitecaps and the Seattle Sounders, started in 2004 when all three Pacific Northwest teams competed in a lower division.

THE ASSOCIATED PRESS

POST-GAME SHOOTING

NFL fan still in hospital

Police interviewed witnesses and looked for suspects yesterday after two men were shot and wounded following a San Francisco 49ers-Oakland Raiders pre-season game, while the NFL and the mayors of the two cities jointly called for an end to "intimidation" and acts of violence at sporting events.

A 24-year-old man, who reportedly was wearing a "F— the Niners" T-shirt, remained hospitalized in serious condition yesterday after being shot several times in the stomach.

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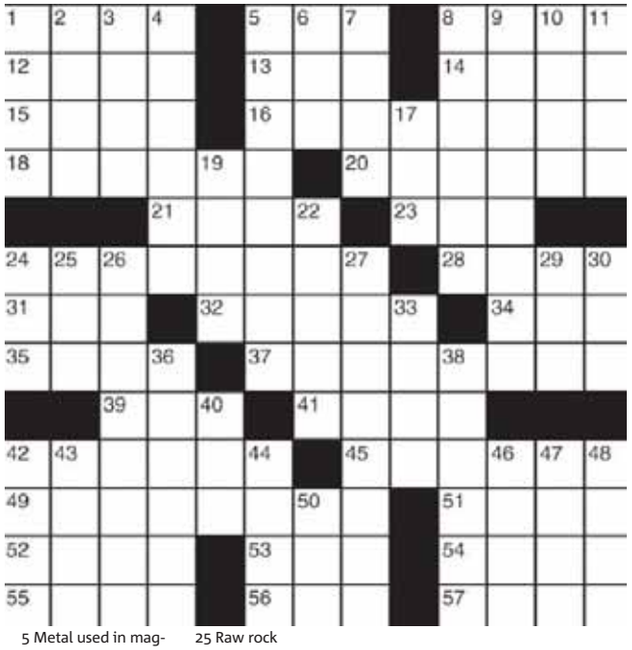
Crossword



Across

1 Reason to scratch
5 Droop
8 "Arrivederci, —"
12 "Scat, gnat!"
13 Oklahoma city
14 Dutch cheese
15 Admonition to Nanette
16 Popular board game
18 Cold, treeless terrain
20 Folklore figures
21 Part mine, part yours
23 Consumed
24 Obelisk, e.g.
28 Use a swizzle stick
31 Paid athlete
32 Continental money
34 Historic period
35 Mannered man
37 Pocket embroidery, maybe
39 Scatter seeds
41 Horseback game
42 Headache aid
45 Deodorant type
49 Carbon —
51 Queen of Carthage
52 As well
53 Regret
54 Love child?
55 Encounter
56 — Angeles
57 Quaint "not"

Down

1 "— that cute?"
2 Biblical pronoun
3 Mass. neighbor
4 Hex
5 Metal used in magnets
6 Commotion
7 Group of hoodlums
8 Moves a fern, maybe
9 Device measuring distance traveled
10 Having XY chromosomes
11 Poehler and Adams
17 — shoestring
19 Regulation
22 Razor sharpener
24 Gasoline stat
25 Raw rock
26 Baloney
27 Award winners
29 A Gershwin
30 Aries
33 Unaccompanied
36 Additionally
38 — Gate Bridge
40 Candle material
42 Mosque VIP
43 Composer Porter
44 Young female
46 Old Italian money
47 Smell
48 Inquisitive
50 Pair on stage

▶ Yesterday's answer

Sudoku

	2	6	1					4
				7	8		3	9
	7	3						
		1		4				2
	3						1	
7				5		3		
						8	7	
1	9		5	8				
6					3	9	5	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

6	1	9	8	5	4	2	3	7
5	2	3	7	1	9	4	6	8
4	8	7	2	3	6	9	5	1
2	6	5	3	9	1	7	8	4
1	3	8	4	2	7	6	9	5
7	9	4	5	6	8	3	1	2
9	7	2	6	8	5	1	4	3
3	5	1	9	4	2	8	7	6
8	4	6	1	7	3	5	2	9

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

My Princess - Sweetie, how r you? Why r u mad at me? You know I love you n miss you crazy. Hopefully things are OK with you. How much I miss that lovely face, blue eyes n big smile of you, you have no clue! Take care pl...have lovely weekend. Sending you love, kiss, hugs n prayers. Sleep well, lots of rest pl. **FROM MISSING MY HEARTBEAT**

Alyssa B without saying anything. The way you hug me. The way your smile brightens the room. The way we have the most fun random times together. The way you say you miss me after not seeing me for only a couple of days. The way you let me hold your hand. The way you care so much about me. The way you dress. The way you sing in the car. Everything you do makes me fall for you. and I don't think you have a clue! **FROM ERIC M**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 A parting of the ways looks increasingly likely and if you are smart you won't try to stop it.

♉ Taurus April 21-May 21 You can sense that your life is about to become a lot more fun – and you're right, it is.

♊ Gemini May 22-June 21 Most of the time your head rules your heart but today your feelings will be much more intense than usual.

♋ Cancer June 22-July 22 You will make more sense of your life when the Sun changes signs tomorrow.

♌ Leo July 23-Aug.23 Watch what you spend over the next 24 hours – you're going to need every last cent.

♍ Virgo Aug. 24- Sept. 22 The Sun moves into your birth sign tomorrow. Is that good news? Too right!

♎ Libra Sept. 23-Oct. 23 You seem rather unsure of yourself at the moment. Why is that?

♏ Scorpio Oct. 24-Nov. 22 Before you commit yourself to something new make sure you have a get-out clause, because what looks like a great deal today won't look so good tomorrow.

♐ Sagittarius Nov. 23-Dec. 21 If you are a Sagittarius with big ambitions you could hardly ask for a better cosmic set-up.

♑ Capricorn Dec. 22-Jan. 20 Your confidence is on the rise

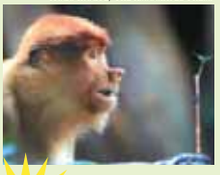
♒ Aquarius Jan. 21-Feb. 18 Make the most of the week to come because the Sun's change of signs will bring new openings and opportunities.

♓ Pisces Feb. 19-March 20. You could probably do with a rest. So have one. **SALLY BROMPTON**

Caption contest

RAJANISH KAKADE/ THE ASSOCIATED PRESS

ITSUO INOUYE/ THE ASSOCIATED PRESS



WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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PRICE: $272.27

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Silver Maple	$39.95/coin
Silver Bullion	$37.87/ounce

Silver

Unrecognized Silver bars 1 ounce or more	$1.00/gram
Stamped Sterling Silver	$0.75/gram
Stamped .800 Silver	$0.65/gram
Unstamped Solid Silver	$0.53/gram

Canadian Silver Coins

Coins from 1966 or earlier	19.1 Times Face Value
Coins from 1967	14.9 Times Face Value
Coins from 1968	11.6 Times Face Value

American Silver Coins

Coins from 1964 or ealier	20.7 Times Face Value

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Platinum Jewellery (stamped 950)	$35.95/gram
999 Platinum Coins	$45.65/gram

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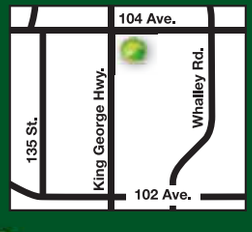

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